

<b>Week of</b> <hr/>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Fasting blood sugar (&lt;95)</b>							
<b>What I ate for breakfast</b>							
<b>1 hr later (&lt;140)</b>							
<b>What I ate for lunch</b>							
<b>1 hr later (&lt;140)</b>							
<b>What I ate for dinner</b>							
<b>1 hr later (&lt;140)</b>							
<b>Notes: Exercise, snacks, etc</b>							

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